

Beef and Egg Scramble with Sausage and Onions

While it is possible to use previously cooked beef and sausage, and freshen it up with eggs and onions, this dish brings back memories of a farm kitchen scene. Did it ever really exist? Beef, egg, sausage, and onions fresh from the day after butchering the cow meal. New beef, a few eggs, and the fat from the sausage added to dried, or frozen, onions bring out a hope for a warm and cozy winter by the fireplace and popping popcorn. A delightful breakfast, or dinner, to eat while reading a book, while icy rain drizzles down frozen window panes.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Chicken

Eggs

Mushrooms

Pepper

Spices

Sausage (spice or gluten)

Turkey

Meatless Preparation Avoid:

Beef

Butter

Eggs

Sausage

Turkey

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Spatula
- Spoon
- Pan: 8 inch frying pan

Ingredients:**Meat: Choose 2 pounds of:**

- Beef burger or
- Turkey burger
- 6 eggs
- 1 pound of sausage

Vegetables:

- 1/2 cup of chopped onions

Optional:

- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of peas
- 4 ounces of mushrooms

Other ingredients:

- Dash of salt
- Spices such as pepper, to taste

Preparation time: 10 to 15 minutes

Preparation:**1. Chop:**

- 1/2 cup of chopped onions

Optional:

- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of peas
- 4 ounces of mushrooms

2. Mix ingredients in a bowl.
You may need additional eggs for additional ingredients.
3. Fry in pan on medium heat, stirring frequently, until done.

Cook Temperature: Medium heat

Cook Time: 20 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 5 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 5 minutes.

Add your oven time here: _____.